



LANCASTER SUMMER 5K

THE RUNNERS CENTRE



www.runnerscentre.com

Starts at Central Lancaster HIGH School, Lancaster LA1 3LS

THURSDAY 12th JULY 2012

7.30 pm

Entry fee: ALL ENTRIES £4.00; £1.00 extra on the day

Extra Suppers £1.50

Medal and Hot Pot to all finishers

Prizes for first 3 men & first 3 women

ENTER ONLINE: <http://www.ukforms.net/>

Entries to Joanne Perry, 17 Dunkeld Street, Lancaster, LA1 3DQ
 Cheques payable to: "Central Lancaster High School" **NO POSAL ORDERS**
 Please Enclose C5 SAE for number and information
 Postal closing date for entries- 8th July 2012

.....

First Name:	Surname:	<input type="text"/>	<input type="text"/>
Address:		Leave Blank	EXTRA SUPPER (Please tick)
Postcode:		I declare that I am an amateur as defined by UK Athletics Rules. I certify that I am fit to run and understand that the organisers will in no way be held responsible for any injury or illness to myself or for the loss or damage to my property during the event.	
Tel:			
Club:			
Male	Female (delete as applicable)	Age:	D.O.B:
<input type="text"/>		Signed..... Date.....	
<input type="text"/> From ukresults.net			